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2. (Amended) The modular I-beam of claim 1 wherein said first and second sets of nested channels are constructed of steel and comprise at least one channel pair.

44. (Amended twice) A method of constructing a modular I-beam, said method comprising:

- B3
- a. forming a first set of elongated nested channels;
 - b. forming a second set of elongated nested channels;
 - c. disposing said first and second sets of elongated nested channels in back-to-back relation to one another; and
 - d. fastening said first and second sets of elongated nested channels together by inserting at least one fastener through webs that form a part of each set of nested channels.
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56. (Amended) The method of claim 44 further comprising:

- a. forming aligned openings in the webs of said nested channels; and
 - b. inserting a series of fasteners through said aligned openings in the webs to secure said first and second sets of nested channels together.
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Please add new claims 61-65:

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61. A modular I-beam comprising:

- a. a first set of nested channels;
- b. a second set of nested channels disposed in back-to-back relationship with said first set of nested channels;
- c. each of said first and second sets of channels comprising at least two pairs of channels; and

- d. one or more fasteners securing said first and second sets of nested channels together.

62. The modular I-beam of claim 61 wherein each said channel pair comprises an outer channel and an inner channel, said outer and inner channels each comprising a top flange, bottom flange, and a central web connecting said top and bottom flanges.

63. The modular I-beam of claim 61 wherein said channels in said first and second sets of channels include one or more aligned openings; and wherein said fasteners comprise threaded fasteners that pass through said aligned openings in said first and second sets of channels.

64. A method of constructing a modular I-beam, comprising:
- a. forming a first set of nested channels;
 - b. forming a second set of nested channels;
 - c. disposing said first and second sets of nested channels in back-to-back relation to one another;
 - d. inserting a central beam between said first and second sets of channels; and
 - e. fastening said first and second sets of channels to said central beam.

65. The method of claim 64 further comprising forming aligned openings in said nested channels; and inserting said fasteners through said aligned openings to secure said first and second sets of nested channels to said central beam.